

WEEK 5: BEHAVIORS:

Attempting to not feel the feelings

Dumping <ul style="list-style-type: none">• uncontrollable reactive purging of emotion• often irrational, surprising and raging• creates eggshell environments	Bracing / Stuffing <ul style="list-style-type: none">• repress emotion deep within ourselves'• our bodies begin to shut down• can lead to chronic tension, forms of depression and anxiety, insomnia or illness
Deflecting <ul style="list-style-type: none">• defensive and blame, name call, shame others or seek revenge• "it doesn't matter" and "I don't want to talk about it."	Avoiding or Denial <ul style="list-style-type: none">• there to meet the need of everyone else• deny the fact that we have needs• lack of boundaries and always being a "yes"• people please that can lead to passive-aggression
Fear of Flash Flooding <ul style="list-style-type: none">• being afraid that if I "go there", the surge of emotion will flood• able to acknowledge what we're feeling but we're stuck, bracing out of fear, hoping the levee doesn't break	Numbing <ul style="list-style-type: none">• taking the edge off of emotional pain through a laundry list of behaviors: busyness, internet, food, alcohol, prescription and recreational drugs, overworking, perfectionism and chaos, just to name a few.

	Family Members	When and with Whom I behave this way?	How I feel after I've behaved this way:	How I feel when someone behaves this way with me:
Dumping				
Bracing / Stuffing				
Deflecting				
Avoiding				
Fear of Flash Flooding				
Numbing				